

Beef Pot Roast (FDD)

Makes: 8 Servings

Love pot roast? Use this recipe to cook a tender pot roast. It has onion, orange juice, and spices to boost the flavor.

Ingredients

2 pounds frozen beef round roast (thawed)

1/2 cup onion (chopped)

nonstick cooking spray

2 cups hot water

1 beef bouillon cube

1/2 ounce orange juice

1/4 teaspoon black pepper

Directions

1. In a large heavy skillet coated with nonstick cooking spray, cook onions until soft.
2. Add beef round roast to skillet and brown on all sides.
3. In a small bowl, combine the hot water with the bouillon cube and stir until it dissolves. Mix in orange juice and pepper.
4. Pour over meat. Cover and cook over low heat for 1 ½ to 2 hours.

Source: Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

Nutrition Information

Nutrients	Amount
Calories	360
Total Fat	17 g
Saturated Fat	6 g
Cholesterol	110 mg
Sodium	140 mg
Total Carbohydrate	2 g
Dietary Fiber	N/A
Total Sugars	1 g
Added Sugars included	N/A
Protein	47 g
Vitamin D	N/A
Calcium	17 mg
Iron	4 mg
Potassium	N/A

N/A - data is not available

